



Online Courses for High School Students

1-888-972-6237

Health

Course Description:

This course will help students develop the knowledge and skills they need to make healthy decisions that allow them to stay active, safe and informed. The lessons and activities are designed to introduce students to important aspects of the main types of health. Students will learn about the components of a healthy lifestyle and ways to approach making healthy choices and decisions.

Course Objectives:

- Introduce students to concepts and applications of the main types of health: mental and emotional, social and consumer, and physical.
- Introduce methods and strategies for decision-making for healthy life choices.
- Present opportunities for students to apply their value systems to decisions concerning health.
- Introduce and assess communication skills that demonstrate healthy choices with respect for self, family and others.
- Introduce resources provided by online sources, parents, friends and community members in making healthy choices.

Unit 1: Alcohol

- Introduction to Alcohol
- When Alcohol Enters the Body
- Blood Alcohol Level
- The Effects Of Alcohol
- Drunken Driving
- Binge Drinking
- Breaking The Law
- Losing Control
- Standards Set by Parents or Guardians
- An Alcohol-Free Life
- Saying No Thanks
- Getting Involved
- Alcohol Abuse, Dependence & Addiction
- Causes Of Alcoholism
- Fetal Alcohol Syndrome
- Alcohol And The Family
- Alcohol Withdrawal

- Inpatient and Out Patient Programs
- Alcoholics Anonymous
- Al-Anon and Alateen
- Unit 1 Exam

Unit 2: Tobacco

- The Effects of Tobacco on the Body
- The Chemicals of Tobacco
- The Effects of Nicotine
- Smoking and Disease
- Pipes, Cigars, and Smokeless Tobacco
- The Risks of "Passive" Smoking
- A Tobacco-Free Life
- Reasons Not To Use Tobacco
- Quitting Smoking
- After You Quit
- Unit 2 Exam

Unit 3: Vaping

- What is Vaping?
- How do E-cigarettes Work?
- History of Vaping
- Chemicals Found in E-cigarettes
- Commonly Asked Questions
- The Current Statistics
- Be Aware of Hidden E-cigarettes
- What You Can Do
- How do You Quit?
- Resources
- Unit 3 Exam

Unit 4: Over the Counter and Prescription Drugs

- A Drug Oriented Society
- Healthier Options
- Drugs
- Drug Use, Misuse, and Abuse
- Psychoactive Drug Use and Risk Behaviors
- Over-The-Counter Prescription Drugs
- Effects of Drugs on the Body
- Drug Interactions
- Side Effects and Allergies
- Unit 4 Exam

Unit 5: Drug Abuse and Addiction

- Introduction to Drug Abuse and Addiction
- Drug Abuse
- The Addiction Process
- The Effects of Drugs of Abuse
- Drugs and Pregnancy
- Anabolic Steroids
- Treatment For Dependency
- Unit 5 Exam

Unit 6: Human Reproduction

- The Male Reproductive System
- Disorders of the Male Reproductive System
- The Female Reproductive System
- Disorders of the Female Reproductive System
- Pregnancy and Childbirth
- Complications During Pregnancy and Birth
- Preparations Before Childbirth
- Unit 6 Exam

Unit 7: Sexually Transmitted Diseases

- What Are Sexually Transmitted Diseases?
- Gonorrhea
- Chlamydia
- Genital Herpes
- Syphilis
- Other STDs
- Preventing Sexually Transmitted Diseases
- If You Think You Might Have a STD
- Treatment for STDs
- Unit 7 Exam

Unit 8: HIV/AIDS

- What is HIV Infection?
- The Spread of HIV Infection
- How HIV Works
- HIV-Antibody Tests
- Phases of HIV Infection
- Transmission of HIV
- Actions That Put You at Risk
- How to Protect Yourself From HIV
- What If You've Already Engaged in Risky Behavior?
- HIV Infection and Society
- Medical Advances
- Teens and Risk
- Living with HIV Infection

- Taking a Positive Action Against HIV
- Unit 8 Exam

Unit 9: Adulthood, Marriage and Parenting

- Adulthood
- Aging
- Marriage and Parenthood
- Parenthood
- Unit 9 Exam

Unit 10: Teenage Suicide

- Teenage Suicide: A Serious Problem
- The Increase in Teen Suicides
- Why Would Someone Want to Die?
- Myths / Facts of Suicide
- Giving and Getting Help
- Intervention Strategies: What Should You Do?
- If You Feel Suicidal
- Unit 10 Exam

Unit 11: Nutrition

- What Influences Our Food Choices
- Nutritional Components of Food
- Analyzing Your Nutritional Needs
- Food Safety
- Unit 11 Exam

Semester Project

Final Exam